

# CITY OF REDMOND FITNESS CHALLENGE



**Kicks off September 17, 10am to 2pm  
Old Redmond Schoolhouse Community Center**

**Fitness Demonstrations • Spinning • TRX • ZUMBA®  
Healthy Food & Wellness Vendors • Yoga & Pilates  
Face Painting • Recreational Fun for Kids**

**Take the lifestyle pledge  
Sign up for team challenges**

The Fitness Challenge encourages families and community members to pledge to embody the Get Healthy Redmond motto “**Move more, Eat better**” by making smarter food choices and increasing daily physical fitness regimens.

**For more info visit [www.redmond.gov/parks](http://www.redmond.gov/parks)**